



MONTHLY MEANDERS

THE MANY BENEFITS OF CYCLING

AUGUST 2018

If there's a single form of exercise that medical experts promote above all others – it's cardio. Your cardiovascular health is incredibly important, and as a cyclist you're already benefiting. But just how beneficial is cycling for your health? Does it simply improve your internal well-being, or can it have an effect on your external and emotional health too? The answer is actually pretty incredible. In fact after years of research, doctors state that cycling is one of the most advantageous exercises around. Here are the many benefits of cycling for you mind, body, and overall health.

Your Mind

People often overlook this fact, but have you ever wondered why individuals that are physically active always seem so much happier than those that aren't? It's not just a coincidence, and it actually has a lot to do with the chemicals inside of your brain. When we

cycle, our heart pumps blood to every single blood vessel and cell at a greater rate. With blood comes oxygen, and oxygen plays host to some of the most positive endorphins imaginable!

Endorphins are a microscopic chemical that help us to feel good. The more endorphins we have, the happier we feel. Just a few hours of cycling a week can trigger a consistent flow of these chemicals, and they aren't just great for your emotions – they have also been linked to fighting illnesses like Alzheimer's! The next time you take to your bike, try to remind yourself that you're doing much more for your brain than simply enjoying the ride!

Your Body

Keeping your organs fit and healthy is very important. When you're cycling, your heart and lungs are in consistent use and, just like any other muscle, the more that you use them, the

stronger they'll grow. Studies have shown that just 15 minutes of exercise a day can encourage the development of healthier organs, and cycling just so happens to be one of the best forms of exercise!

As briefly mentioned above, cycling is a form of cardiovascular exercise (as is anything that gets your heart pumping at an improved rate consistently). The more that you cycle, the more that your heart and lungs will be in use. As your heart pumps blood around your body, your lungs provide a fresh supply of oxygen, and this is what's so beneficial to your organs.

Your Strength

Unlike direct muscle-building exercises, cycling is a little more focused on endurance, but with endurance comes strength. The main muscles used while cycling are your quads, hamstrings, calves and

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To Al & Cindy Schneider for hosting their 20th and

final club picnic, they have officially retired from the job. We appreciate all the time they have given to running this fun event for us.

Club Officials

Elected Officers

President
 Joe Beemster 847-215-2314
V.P.-Ride Chair
 Dave Waycie 847-845-9663
 dave.waycie@gmail.com

Treasurer
 Johannes Smits 630-935-4074

Secretary
 Patty Blome 847-358-4807

Membership
 Mitch Rosset rrkite99@aol.com

Publicity Chair
 Pam Kaloustian 847-707-0203
 bubbath1@comcast.net

Appointed Officers

Harmon Chairman
 Erich Massat 847-253-5815

Newsletter
 Ella Shields 773-407-4712

St. Pat's Ride
 Al Gibbs alang.bikes@gmail.com

Chairmen
Banquiday
 Pam Burke pamelaburke2000@yahoo.com

Harmon Data Base
 Emily Qualich 847- 821-1009

Mileage Statistician
 Emily Qualich 847- 821-1009
 e.qualich@comcast.net

Newsletter Mailings
 Joe Beemster 847-215-2314
Picnic
 Open
Web Page
 Johannes Smits 630-935-4074

TOP 20 MILES

Thru July 15
 122 rides by 139 members
 4,945 max miles

Men:

1	Dennis	Ellertson	3065
2	Scott	Assmann	2631
3	David	Waycie	2311
4	Paul	LeFevre	2218
5	Christian	Munoz	2159
6	Nhat	Tran	1774
7	Johannes	Smits	1759
8	Jim	Boyer	1544
9	Toan	Tran	1444
10	Joe	Beemster	1432
11	Erich	Massat	1412
12	Larry	Frank	1389
13	Alex	Halamaj	1297
14	Kilian	Emanuel	1269
15	Jorn	Lim	1253
16	JV	Villadolid	1184
17	Tom	Wilson	1180
18	Cletis	Parks III	1114
19	Mitchell	Polonsky	1084
20	Jeff	Magnani	1001

Women:

1	Emily	Qualich	2013
2	Betsy	Burtelow	1019
3	Debbie	Wilson	1019
4	Cindy	Kessler	755
5	Ella	Shields	732
6	Reinhilde	Geis	696
7	Marianne	Kron	616
8	Jackie	Kelley	580
9	Pam	Kaloustian	567
10	Pat	Calabrese	552
11	Lorrie	Heymann	536
12	Ellen	Heineman	483
13	Sheri	Rosenbaum	428
14	Kris	Woodcock	405
15	Jeannie	Siewert	365
16	Paula	Matzek	347
17	Cindy	Trent	340
18	Kathleen	Angus	274
19	Eileen	Newman	271
20	Banu	Sheehan	254

Total Rides Led

Alex Halamaj	1
Banu Sheehan	1
Betsy Burtelow	1
Bob Dominski	1
Brian Hale	2
Cindy Kessler	1
Dave Waycie	6
David Newman	2
Deb Wilson	1
Dennis Ellertson	14
Earle Horwitz	2
Ella Shields	1
Ellen Heineman	1
Emily Qualich	3
Erich Massat	3
Frank Bing	3
Jeff Magnani	1
Jeff Rossi	9
Joan Willmeth	2
Joe Beemster	4
Johannes Smits	2
Jorn Lim	3
Kilian Emanuel	29
Larry Frank	3
Lorrie Heymann	1
Louis Greene	1
Luis Magana	1
Mitch Rosset	2
Pam Burke	1
Paul LeFevre	14
Reinhilde Geis	2
Scott Assmann	11
Sheri Rosenbaum	1
Toan Tran	6
Tom Wilson	2
Vince Kelly	1
Total Hosts	36

Through July 15

Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. E-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month
 Ella Shields
 eshieldsbike@yahoo.com
 (Please include your name and phone number in case I have any questions)



Don't miss an issue of Monthly Meanders!! Contact Mitch Rosset with your new address or e-mail address at rrkite99@aol.com

Day	Time	Ride Name	Miles	Start	Ride Host
August Ride Schedule	All Riders Should:	*wear a helmet *bring water *bring a pump		*have a bike in good condition *bring a spare tube and patch kit *arrive early... 15-30 minutes	*bring an ID card *carry a cell phone *bring money for lunch/snacks
Sat 8/4	8:00	Honey Do/ Extended Do	30-72	Paul Douglas Forest Preserve On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.	Jim Boyer 847-541-1325
Sun 8/5	9:00	Libertyville With a Twist	36/47	Kildeer School Old McHenry Road 1/4 mile North of down- town Long Grove. Park in front lot along Old McHenry Road.	Reinhilde Geis 847-679-0279
	8:00	Paul's Northeast IL Century	100	Euclid School Corner of Euclid and Wheeling Road, Mount Prospect	Paul LeFevre 224-234-0615
Sat 8/11	8:00	Honey Do/ Extended Do	30-72	Paul Douglas Forest Preserve See Above	Joe Beemster 847-215-2314
Sun 8/12	9:00	Let's Go Lindy	38/44	Kildeer School See Above	Pat Blome 847-358-4807
	8:00	Kenosha Bound Long	87	Kildeer School See Above	Emily Qualich 847-821-1009
	9:00	Kenosha Bound Medium	61	Old School F.P. St Mary's Rd, north of Rt 60 on the east side of the road. Enter forest preserve and turn right at Stop sign. Meet in first parking lot on the left.	Ride Host Needed
	9:00	Kenosha Bound Short	37	Wadsworth Village Office 14155 W Wadsworth, Wadsworth On the south side of West Wadsworth Rd, just west of N. Delany Road	Carl Droege 847-785-9343
Sat 8/18	8:00	Honey Do/ Extended Do	30-72	Paul Douglas Forest Preserve See Above	Jim Boyer 847-541-1325
	9:00	Triple Deerpass	66	Evergreen Park School I-90 west to US-20. Turn right on S. Union Rd. Turn right on E. Coral Rd. Turn left on Northrup. Turn right on Washington to school.	Dave Waycie 847-845-9663
Sun 8/19	9:00	Nippersink Express	34/44	Kildeer School See Above	David Newman 224-650-9000
Sat 8/25	8:00	Honey Do/ Extended Do	30-72	Paul Douglas Forest Preserve See Above	Joe Beemster 847-215-2314
Sun 8/26	8:00- 9:00	Club Member Harmon Pre-Ride	25/50/ 75/100	Wilmot High School 11112 308th Ave, Wilmot, WI I-94 west to Exit 345 (Hwy C). West to Wil- mott. Turn right on Hwy W, Left at 308th Ave. to school parking lot.	Erich Massat 847-253-5815

Be sure to be on the Yahoo group and/or Facebook for last minute changes

Weekly Rides					
Tuesday and Thursday	9:00 AM	Deerfield's Bakery Ride	25-40	Willow Stream Park On Old Checker Rd, a mile west of the bakery. Turn west on Old Checker Rd. to parking on the right.	Kilian Emanuel 847-296-7874
Tuesday	6:00 PM	Working Stiffs Ride	18-30	Archer Parking Lot On the east side of Old McHenry Rd, next to Enzo and Lucia Restaurant. North of Old 53 in Long Grove. Park at North end of lot.	Scott Assmann 847-404-3184
Wednesday	9:00 AM	No-Drop Road Ride	40	Woodland Trails Park 1-1/4 miles east of Rt-83 on Euclid Avenue, Mt Prospect.	Dennis Ellertson 847-255-9323
Wednesday	6:00 PM	Hill and Dale Ride	25-35	Paul Douglas Forest Preserve On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.	Jeff Rossi 708-648-9170
Thursday	6:00 PM	Thursday Night Ride	30	Heron Creek F.P. 0.2 miles south of IL-22 (Half Day Rd) on the west side of Old McHenry Rd. Park at shelter B.	Paul LeFevre 224 234 0615
Friday Thru 8/17	10:00 AM	Libertyville Picnic Ride	30	Willow Stream Park See Above	Frank Bing 847-814-9925
Friday 8/24 & 31	10:00 AM	Lunch in Libertyville	30	Willow Stream Park See Above	Emily Qualich 847-821-1009

Wheeling Wheelman Board Meeting

The Board met on Monday, June 25, 2018 at 7:00 pm.

The following board members were present:

Joe Beemster, Ella Shields, Dave Waycie, Pam Kaloustian, Erich Massat and Johannes Smits

Treasurer Report

Year-to-date financials from 2017-2018 are similar. With these notable differences:

- St Pat's ridership, costs, and margin were slightly up vs previous year
- Charitable donations are down from 2017, but additional grants may be made during the year.
- Insurance costs increased for the club and club events.

Ride chair update

- Ridership and hosts are going well.
- Distribution of GPS files and cue sheets has been well accepted.
- Will research options Ride with GPS offers for clubs and club events (i.e. Harmon).

Publicity

- BG Bike Rodeo was very well attended. BG Police had 10 helmets, which were distributed to worthy recipients.
- Will consider purchasing helmets for donation next year.
- Harmon Hundred ad is in the Wisconsin Bike Federation bulletin.

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HARMON 100

Sunday, September 9

Wilmot High School, Wilmot, WI

EVERYONE WORKS

Contact Erich Massat at

erich@erichmassat.com,

or call at 847-420-5437, to volunteer

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Membership

- Membership level same as last year.
- We are seeing 5 to 10 new members per month.

President

- A reminder to members to keep an eye on guests and new members. While we are not a “no drop” club, it is important that guests and new members get a little extra attention to not get lost.
- The next club meeting is the Annual Picnic and Ride on July 8 at Heron Creek. Ride at 9:00 with picnic beginning at noon. Members are reminded to call or email Cindy Schneider to RSVP.
- The Holiday Party (or Banquiday) will be held on November 18, same location as last year.
- Next board meeting August 6.

Harmon Hundred Update:

- Erich is pre-signing volunteers, but the intensive signup will begin at the annual picnic.
- Johannes suggested a signup notice/link on the website home page. Will be done.
- Need more volunteers than last year for Eagle Lake, and fewer for Kaskin. Will adjust this year.
- Looking for a leader for the Kaskin rest stop.
- No Harmon Hundred t-shirt this year. Volunteers will use the Volunteer t-shirts distributed last year. There are additional shirts for new volunteers.
- Erich will be reviewing the route. We have some suggestions from BCLC from their Ramble, which overlaps our routes. There may be adjustments, but no major route changes are expected this year.

Submitted by Dave Waycie

■ INVITATIONALS

- **Aug 5, Two Rivers Century**, Kankakee, 22-128 miles, tworiverscentury.com
- **Aug 12, Naperville Rotary Ride**, 21/41/62 miles, naperville Rotary ride .com
- **Aug 18, Ride like an Egyptian**, DeKalb 25/50/75/100 miles, 815-758-1215 egyptiantheatre.org/ride-like-an-Egyptian
- **Aug 18, No Baloney Ride**, Morton, IL 20/45/65/100 miles, ivwnobaloney.com

- **Aug 18, 10th Ride to the Barns**, Hartford, WI 30/60 miles info@tallpinesconservancy.org 262-369-0500 www.tallpinesconservancy.org

- **Aug. 19, Bike Psycho's Century**, Coal City, 30/50/70/100/124 miles bikepsychos.org

- **Aug 19, Wright Ride**, Oak Park, 30/50/72 miles, oakparkcycleclub.org/wright-ride

- **Aug 26 CCCC Century Classic**, Waterford, WI 32/53/68/100 miles, creamcitycycleclub.com

(Continued from page 1)

even glutes and hip flexors. As you pedal, your leg muscles are being used consistently, and the higher the gear; the more strain will be placed on your muscles.

The more that you cycle, the more often your muscles will be put to work, and the stronger they'll grow. If you eat the proper amounts of protein, fat and carbs, you'll soon find that your muscles begin to increase in size, as well as strength.

Your Health

As enjoyable as cycling is, it's actually a powerhouse of health and fitness too, and the more that you do it, the healthier you'll feel. The great thing about cycling is that

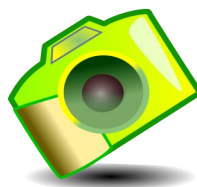
there really isn't a limit on how much it can improve your health. Even the unhealthiest individual can climb on a bike, spend 15 to 30 minutes cycling, and start to feel a change. So imagine how healthy active cyclists could be if they consistently went for a ride a few times a week?

A healthy mind can go a long way, and a healthy body will go even further. The harder you push your limits, the quicker your body will adapt to the pressure, and you'll soon be tackling rides that you struggled with at first. If you're already at a point where you feel like a pretty competent cyclist, then there's no harm in pushing your limits to improve your performance.

by Sarah Lauzé, Ilovebicycling.com

**WELCOME,
NEW MEMBERS!!!**

Thomas	Stewart	Des Plaines
Gary	Mueller	Palatine
Cynthia	Meyer	Vernon Hills
Patti	Lauwers	Schaumburg
Karee	Williams	New Smyrna Beach
Takashi	Uchida	Buffalo Grove



BANQUIDAY PICTURES

We will once again be doing a slide show at the banquiday (Nov. 18) and are asking for contributions this season. So be sure and take pictures at rides and events and share them with our club members.

Send your pics by October 31 to Johannes Smits @ johannes.smits@comcast.net

PROCEDURE PROCESS: IN QUESTIONABLE WEATHER SITUATIONS

If the ride host considers the weather forecast to be severe enough to cancel the ride, he-she should post a message on the Wheeling Wheelmen Yahoo Group wheelingwheelmen@yahoo.com These conditions can include very high chance of rain or snow, severe winds, or other unsafe conditions.

- If the ride host decides to cancel the ride, he-she should post a message to the Yahoo group no later than 2 hours before the scheduled ride start time.
- Of course, the host may post the message earlier, like the night before, if there is really no question that the ride will be cancelled. Or, if the host

wants to decide in the morning, he or she can post a notice to watch for an update in the morning. Generally, more communication is better than less.

- Riders are encouraged to use the Yahoo group, but if a rider cannot access the Yahoo group, the host can be contacted at the phone number listed on the ride schedule.

Every member should consider subscribing to the Yahoo group especially if they are planning on doing rides starting in the outlying areas. Instructions for subscribing to our Yahoo Group are listed on page 7. We also encourage people to join the Wheeling Wheelmen Facebook page and ride information is posted there, too.



CYCLING IS OUR PASSION

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Barrington, Illinois 60010

(847) 382-9200

villagecyclesport.com

The **Wheeling Wheelmen Bicycle Club** has an active Yahoo Group available on the Internet. The group works like a bulletin board and allows us to exchange email with other club members without having to know everyone's individual email address. You must subscribe to the group before you can send a message. Follow the instructions required by Yahoo to complete your registration.

NOTE: Due to spam and email address hijacking concerns, subscription to the Yahoo Group is limited to current members of the Wheeling Wheelmen Bicycle Club only. If you have questions about club membership, rides or events, please send an email to: wheeling@wheelmen.com

To Subscribe send an email message to:
wheelingwheelmen-subscribe@yahoogroups.com

To Unsubscribe send an email message to:
wheelingwheelmen-unsubscribe@yahoogroups.com

To post a message send your message in an email to:
wheelingwheelmen@yahoogroups.com

The group name is: **wheelingwheelmen** and is available at: groups.yahoo.com/group/wheelingwheelmen



P. O. Box 7304
 Buffalo Grove, Il.
 60089-7304
wheeling@wheelmen.com



September 9

We are on the web
wheelmen.com

Join us on



SAVE THE DATE

Harmon 100 - Sept 9
 Harmon Pizza Party - Sept 12
 Banquiday - Nov 18

CLUB DISCOUNTS

The following local shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card shown at time of purchase.

AMLINGS CYCLE
 8140 N Milwaukee Ave.
 Niles 847-692-4240
amlingscycle.com

B&G CYCLERY
 131 E. Rollins Rd,
 Round Lake Beach,
 847-740-0007
bgcyclery.com

BICYCLE CONNECTION OF SCHAUMBURG
 1226 N Roselle Rd.
 Schaumburg
 847-882-7728
bikeconnection.com

GEORGE GARNER CYCLERY
 1111 Waukegan Rd.
 Northbrook 847-272-2100
 740 N. Milwaukee Ave,
 Libertyville, 847-362-6030
 575 Ela Road, Lake Zurich
 847-438-9600
georgegarnercyclery.com

MIKES BIKES
 155 N Northwest Hwy,
 Palatine, 847-358-0948
mikesbikeshoppalatine.com

RUNNER'S HIGH & TRI
 121 W. Campbell,
 Arlington Hts., 847-670-9255
runnershigh-n-tri.com

7 MIILE CYCLES
 45 Arlington Hts Rd
 Elk Grove Village
 847-439-3340
7milecycles.com

SPOKES
 69 Danada Square E,
 Wheaton 630-690-2050
 1807 S. Washington, #112
 Naperville, 630-961-8222
spokesbikes.com

TREK BICYCLE STORE – HIGHLAND PARK
 1925 Skokie Hwy
 Highland Park
 847-433-8735
trekhp.com

VILLAGE CYCLESPORT
 1326 N. Rand Rd.
 Arlington Hts.
 847-398-1650
 234 W. Northwest Hwy
 Barrington 847-382-9200
villagecyclesport.com

WHEEL & SPROCKET
 1027 Davis Street
 Evanston 847-864-7660
wheelandsprocket.com

We support:

- *The League of American Bicyclists
- * Ride Illinois
- *Active Transportation Alliance
- *Buffalo Grove Bike Rodeo
- *Bicycle Federation of Wisconsin

JOIN THE LEAGUE!

The League of American Bicyclists promotes cycling through safety and represents us in the decision making process in Washington D.C. A yearly membership is \$35 and should be sent to:

League of American Bicyclists,
 1612 K Street, NW, Suite #401
 Washington, DC 20006
 Tel: 202-822-1333 Fax: 202/822-1334
 E-mail: BikeLeague@aol.com
 Web Site: www.bikeleague.org

In addition to government relations, they also organize many great cycling rides and rallies around the country. For information on these events call (800)288-BIKE